# IBOLC 8 WEEK GENERIC PREPARATION PROGRAM

The below program is designed to prep incoming Lieutenants for the rigors of IBOLC and prepare their bodies to handle the workload asked of them. The program is expected to be executed exactly as written.

### IBOLC has 6 specific physicals goals:

- 1) Run 5 miles in under 37 minutes and 30 seconds
- 2) Squat 2x Bodyweight
- 3) Push Press or Jerk 1.15x Bodyweight
- 4) 12 mile foot march under 2 hours and 45 minutes
- 5) Complete a 16 mile tactical foot march
- 6) Score above 270 on the APFT

The prep program is broken into two 4 week cycles. The first 3 weeks are loading weeks with week 3 of each cycle being the heaviest load. The 4<sup>th</sup> week is a de-load week where the volume is dropped by roughly 40%. The recovery weeks are important to allow your body to adapt to the previous training. Sleep is also a crucial part of your recovery. You need to sleep at least 7 hours a night to properly allow your body to recover. For all weight lifting exercises the rest periods should be 90 seconds to 2 minutes.

All the series are listed on the final pages of the packet. Video demonstrations are located on the <u>IBOLC PT</u> YouTube channel at <a href="https://www.youtube.com/channel/UCAHVhyqmDZhrGXrJPO-HbMw/feed">https://www.youtube.com/channel/UCAHVhyqmDZhrGXrJPO-HbMw/feed</a>.

### Cycle 1 (Week 1, 2, 3, 4)

### Monday

- 1. Warm up: Make it last 15-20 minutes
- 2. Speed Training: All out sprints of up to 40m for a total volume of no more than 300m with decent rest
- 3. Weight lift
  - a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise.
- 4. Cooldown for 3-5 minutes

### Tuesday

- 1. Warm up: Make it last 15-20 minutes
- 2. Intervals:
  - a. Longer repeats like mile repeats close to your goal 5 mile pace for up to 4 miles of volumes. Rest is shorter think 3-4 minutes.
- 3. General Strength
  - a. Conduct 20 minutes of body weight circuit training
- 4. Cooldown for 3-5 minutes

### Wednesday

- 1. Warm up: Make it last 15-20 minutes
- 2. Weight lift
  - a. Do a total workout with 4-5
    exercises. No more than 8 reps per
    set. Choose at least 2 lower body
    exercises and 2 upper body
    exercises. Choose big exercises. 4-5
    sets per exercise. Make it different
    than Monday.
- 3. General Endurance:
  - a. Easy between 3-5 miles
- 4. Cooldown for 3-5 minutes

### Thursday

- 1. Warm up: Make it last 15-20 minutes
- 2. General Endurance Circuit:
  - a. Do a circuit should involves body weight exercise and running. The total volume of running can be up to 3 miles. You can the circuit a few times. The circuit should take 10-15 minutes to one time. 45 minutes of total work is the goal.
- 5. Cooldown for 3-5 minutes

### Friday

- 1. Warm up: Make it last 15-20 minutes
- 2. Speed Training
  - a. Do all out sprints with short rest periods
- 3. Weight lift
  - a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise. Make it different than Monday and Wednesday.
- 4. Cooldown for 3-5 minutes

### Saturday

- 1. General Endurance:
  - a. Easy run 4-6 miles
- 2. Flex:
- a. Foam Roll
- b. Passive Flexibility

### Cycle 2 (Week 5, 6, 7, 8)

### Monday

- 1. Warm up: Make it last 15-20 minutes
- 2. Speed Training: All out sprints of up to 40m for a total volume of no more than 300m with decent rest. Make the reps longer than cycle 1.
- 3. Weight lift

- a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise. Choose different exercise from cycle 1.
- 4. Cooldown for 3-5 minutes

### Tuesday

- 1. Warm up: Make it last 15-20 minutes
- 2. Intervals:
  - a. Longer repeats like mile repeats a little slower than goal 2 mile pace for up to 3 miles of volumes. Rest is shorter think 3-4 minutes.
- 3. General Strength
  - a. Conduct 20 minutes of body weight circuit training. Add in a circuit that contains jumps
- 4. Cooldown for 3-5 minutes

### Wednesday

- 1. Warm up: Make it last 15-20 minutes
- 2. Weight lift
  - a. Do a total workout with 4-5
    exercises. No more than 8 reps per
    set. Choose at least 2 lower body
    exercises and 2 upper body
    exercises. Choose big exercises. 4-5
    sets per exercise. Choose different
    exercise from cycle 1.
- 3. General Endurance:
  - a. 4-6 mile easy run
- 4. Cooldown: Mia 10m

### Thursday

- 1. Warm up: Make it last 15-20 minutes
- 2. General Endurance Circuit:
  - a. Create a circuit similar to cycle one.
- 5. Cooldown for 3-5 minutes

### Friday

- 1. Warm up: Make it last 15-20 minutes
- 2. Speed Training
  - a. Do all out sprints with short rest periods
- 3. Weight lift

- a. Do a total workout with 4-5 exercises. No more than 8 reps per set. Choose at least 2 lower body exercises and 2 upper body exercises. Choose big exercises. 4-5 sets per exercise. Choose different exercise from cycle 1.
- 4. Cooldown for 3-5 minutes

### Saturday

- 1. General Endurance:
  - a. 6-8 mile easy run
- 2. Flex:
- a. Foam Roll
- b. Passive Flexibility

### Warm up

### . Warm up A

### 5 min jog Dynamic Flexibility (10x ea.)

-Trunk Twist

Warm up A

- -Hip Circle
- -Dynamic Plough -Single Leg Knee Tuck
- -Single Leg Hamstring
- -Double Arm Circle
- -Side Leg Swing -Walking Quad
- -Scorpion Leg Speed Drills
- -High Knees -Butt Kicks
- -Side Skip -Backward Run
- -Ankling
- -Quad Stretch -Roll Back Leg Speed Drills

-Calf Stretch

5 min jog Static Flexibility (10-

-Hands Behind Back

-Lying Hamstring

20s ea.)

-Butterfly

-Hip Flexor

-Deep Squat

-Fetal

- -Ankling -High Knees -Butt Kicks
- -Side Skin -Backward Run

### Multi-Throws

### **Trinity**

Lunge Chest (L & R) Shoulder Step (L & R) OH Step (L & R)

### **Morpheus**

Overhead Back Between the Legs Forward Hammer Hip (L & R)

Squat Chest

### Flexibility

### **PNF**

Prone Quad S.Leg Hamstring (L & R) Chest Calf (L & R)

Seated Toe Touch Butterfly

### **Partner** Spinal Roll-Push

Spinal Roll-Pull Partner-Split Butterfly Seated OH Stretch

Hip Flexor (L & R) Toe Touch

Vinny

### Multi-Jumps

### Sol

Lunge Jump Ski Jump Single Leg Lateral Turn Straddle Jump Single Leg Medial Turn Side-to-Side Hop Single Leg Forward-

Back Tuck Jump

### Tony

Standing Long Jump 3-Hop Standing Triple Jump Double-Double

### LSU Series B

Ankle pogo Rocket jumps Tuck jumps Straddle jumps Split jumps Single leg jumps (R) Single leg jumps (L)

### **Brick Top**

Box-SLJ LLL... RRR... Box-Box-LLR... SLJ RRL... LLRR...

LRLR...

### Extended

### Extended Table Isometric Prone Isometric Supine Isometric Side (L & R) **Extended Crunch** Extended Prone Swimmer

Extended Rock

Prone Elbowstand Leg Lift (L & R) Supine Elbowstand Leg Lift (L & R) Prone Handstand Leg Lift (L & R) Supine Handstand Leg Lift (L & R) Side Elbowstand Bottom Leg Lift (L & R) Side Handstand Bottom Leg Lift (L & R) Side Elbowstand Top Leg Lift (L & R) Side Handstand Top Leg Lift (L & R)

# General Strength

Toe Walk Heel Walk Toe Lunge Walk Heel Walk Eversion Toe Walk Eversion Heel Walk Inversion Toe Walk Inversion Toe Scrunch Walk Side Foot Walk (Sup & Pro)

### **Marsellus**

Single Leg Squat (L & R) Slow Incline Pushup Slow Crunch w/ Twist Russian Cossacks (L & R) Slow Decline Pushup Slow Back Hyper w/ Twist Yogis Back Yogis Front Staggered Pushup Slow Neck & Shoulder Hyper Closed Everted Toe Squat Wide Pushup Double Leg Slide Staggered Squat (L & R)

Forward Squat Walk Backward Squat Walk Lateral Squat Walk (L & R) Pushup Walk Duck Walk Squat-Turn Walk

### Pose

Stork (L & R) Hip Extension (L & R) Hip Flexion (L & R) Twisted (L & R) Superman (L & R) Turned (L & R) Lunge (L & R) Abductor (L & R)

### Yolanda

Burpee

Speed Pushup Prisoner Squat V-Un Pushups w/ Clap Rocket Jump Back Hyper Wrester Bridge Dip Russian Dance L-Over Swimmer Hindu Pushup

### Pillar

V-Up Crunch w/ Twist Back Hyper Leg Toss Flutter Kick Wrester Bridge L-Over Side Up Back Hyper w/ Twist **Bicycles** L-Up --> Hip Lift Supine Hip Extension Double Leg Slide 3-way Rollup

### Crawler

Bear Crawl Forward Bear Crawl Backwards Bear Crawl Lateral (L & R) Plank Crab Walk (L & R) Log Roll

# General Strength

Reverse push up

Push ups
Prisoner squats
V-ups
Rocket jumps
Back hyper extension with twist
L overs
Crunch
Reverse leg lifts
Pushups with clap
Single leg squat (R)
Single leg squat (L)

### General Endurance Circuit

### Death March

400 m run @ 2 mi pace +15s
Burpees / Squat Thrusts x15-20
Push Ups x15-20
Crunches x20-30
400 m run @ 2 mi pace +15s
Prisoner Squats (deep knee bends) x10-15
Dips (on a step or box) x10-15
Side Crunches x10-15 each side
400 m run @ 2 mi pace +15s
Lunges x10-15 each leg
Back Extensions x20
Jumping Jacks x30
400 m run @ 2 mi pace +15s
V-Ups x10-20

## Weight Lifting Circuit

Feet-Elevated Push Ups (on step) x10
Step Ups (onto 2' box or step) x10-15 each leg
(Repeat circuit without rest)

# MJ Standing Shoulder Throw (L & R) Back Toss Throw Kneeling Good Morning Medial Kick (L & R) Rotation Exchange (CW-CCW) Hip Toss (L & R) Kneeling OH Forward Lateral Kick (L & R) Kneeling OHB Exchange Leg Ad-Abs Seated Russian Twist L-Over

Medball Circuit

Shrugs
Hip Extensions
DB Front Raise

C
Side Squat
Lat Pulldown
RDL
Upright Row
Alt. Weighted V-Up
OH Side Bend

DB Bicep Curl

OH Tricep Ext.

Single Leg Ext.

BB Bicep Curl Tricep Pushdown Single Leg Curl Hammer Curls Hip Flexion DB Lateral Raise

Closed Squat Row Good Morning DB Military Press Glute-Ham Raise Russian Twist

### Lancer

(30 sec ea exercise)
2xCrunch/Mountain
Climber
Run
2x Push up/Skip
Run
2xCrab Kick/Bicycles
Run
2xBurpee/Side Skip
Run
2xV-up/Squat
Run